

## Bicycle Safety Tips for Parents

Biking is one of our most popular outdoor activities. There are more than 67 million bicycle riders in the United States taking to our roads and trails every year. Approximately 27 million of these bicyclists are children under the age of 14. The youngsters of this group ride about 50 percent more than the average bicyclist. Each year approximately 300 children under the age of 14 are killed in bicycle related incidents. Of these deaths, 90 percent are the result of collisions with motor vehicles. Bicycle related deaths are highest in children ages 10-14.

### **Indiana Bicycle Laws:**

- The parent of a child and the guardian of a protected person may not authorize or knowingly permit the child or protected person to violate Indiana Bicycle Laws.
- A person riding a bicycle may not ride other than upon the permanent and regular seat attached to the bicycle; or carry any other person upon the bicycle who is not seated upon a firmly attached and regular seat on the bicycle.
- A bicycle may not be used to carry more persons at one (1) time than the number for which the bicycle is designed and equipped.
- A person upon a bicycle, a coaster, roller skates, or a toy vehicle may not attach the bicycle, coaster, roller skates, or toy vehicle or the person to a street car or vehicle upon a roadway.
- A person riding a bicycle upon a roadway may not ride more than two (2) abreast except on paths or parts of roadways set aside for the exclusive use of bicycles.
- A person who rides a bicycle may not carry a package, a bundle, or an article that prevents the person from keeping both hands upon the handlebars.
- A person may not ride a bicycle unless the bicycle is equipped with a bell or other device capable of giving a signal audible for a distance of at least one hundred (100) feet. A bicycle may not be equipped with and a person may not use upon a bicycle a siren or whistle.

-A bicycle operated on a highway from one-half (1/2) hour after sunset until one-half (1/2) hour before sunrise must be equipped with the following:

(1) A lamp on the front exhibiting a white light visible from a distance of at least five hundred (500) feet to the front.

(2) A lamp on the rear exhibiting a red light visible from a distance of five hundred (500) feet to the rear or a red reflector visible from a distance of five hundred (500) feet to the rear.

## **Helmets Save Lives and Help Prevent Injuries**

- National estimates report that children bicycle helmet use is 15-25%.
- Helmet usage is lowest among children ages 11-14.
- Children 14 and under are five times more likely to be injured in a bicycle related crash.
- The national average is 900 bicycle related deaths each year
- Each year there are an average of 70,000 disabling injuries from bike related accidents.
- It is estimated that collisions with motor vehicles account for 90% of all bicycle related deaths.
- Riding without a bicycle helmet increases the risk of sustaining a head injury in the event of a crash. Non-helmeted riders are 14 times more likely to be involved in a fatal crash than those wearing a helmet.
- Wear a bicycle helmet correctly. It should be comfortable and fit snugly, but not too tight. It should not slide forward and back or side to side. Straps should always be buckled.
- All helmets should meet or exceed the safety standards developed by the American National Standards Institute (ANSI), the Snell Memorial Foundation and/or the American Society for Testing and Materials (ASTM).